

# Texas Agricultural Extension Service

*People Helping People*

## SUPER FUN

### Food, Fun, Safety and Study for Kids After School

Here are some good rules for watching television that can help you avoid teeveeitis. Talk them over with your parents and see what they think about them.

- Do homework or chores before turning the set on.
- Play or be active before and after television.
- Listen to your parents' suggestions about the television.
- Call a parent if you are upset by anything you see on television.
- Discuss programs later with your parent.

### Teeveeitis

Teeveeitis is a dread disease! You can tell if you have it by answering the following questions:

I *always* have to have the television on when I am home.      yes \_\_\_\_\_ no \_\_\_\_\_

I watch the same reruns over and over again just because they are on.      yes \_\_\_\_\_ no \_\_\_\_\_

I do my homework with the television on.      yes \_\_\_\_\_ no \_\_\_\_\_



I keep the television on even when none of the programs interest me.      yes \_\_\_\_\_ no \_\_\_\_\_

If you answered yes to more than one of these questions, you have teeveeitis. Fortunately, it is a curable disease. This newsletter has ideas for how you can overcome teeveeitis and have fun at the same time.

### Plan to Watch Television

Lots of times, kids get in the habit of watching the same old reruns and miss some after-school specials or other good programs.

Each week, read through the television guide or listing in your newspaper and write down any specials or good programs. Then put the list by your television so you do not forget. Your list might look something like this:

Don't Forget:

Monday \_\_\_\_\_

Tuesday 4:00 "Black Beauty" on Channel 6

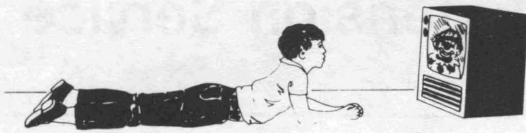
Wednesday 4:30 Special on Buried Treasure on Channel 13

Thursday \_\_\_\_\_

Friday 3:30 Movie: "The Music Man" on Channel 3

### The Sounds of Silence

Try this experiment. Turn off the television or radio, sit down, and close your eyes. Listen as hard as you can for a few minutes. Now write down all the sounds you heard.



What sounds did you hear? The sound of car traffic? Of children playing outside? The sound of the refrigerator? Or your dog snoring?

If you heard any sounds you cannot identify, ask your parents what they are. Many household appliances, such as a furnace, air conditioner, hot water heater or ice maker, make funny noises.

Some kids, and adults too, always keep the television on because they are afraid of "strange" noises. Now that you know what your house sounds like, you will not need to keep the television on just for the sound.

## Time on Your Hands

Do you ever get that "I do not know what to do," or "I do not know what to do first," feeling?

One girl, named Jennifer, had a daily after-school plan that her mother helped her make up. It went like this:

about 3:00	Home from school. Let dog in; call Mom at office.
3:20-3:30	Fix snack.
3:30-4:00	Eat snack and watch "Merry Time."
4:00-5:00	Do homework at desk.
5:00-5:30	Set table and sweep kitchen floor.
5:30-5:45	Watch television until Mom gets home.

Jennifer does not follow her schedule exactly each day, since she might have more than 1 hour of homework one day, or want to watch a special television show on another day. But this plan gives her a general guide for what to do.

## Things to Do After School

### Puzzles

If you like puzzles, be a daily newspaper reader. Check the comics page of the paper for kids' puzzles. Some papers also publish a kids' page each week that you can save for after-school fun. Keep a puzzle book near the television so you can pick it up if you get bored with a program.

### Reading Books and Magazines

Always have a library book at home to read. You can get books from your public library, your school library, or a bookmobile, if one stops in your neighborhood. For adventure, science fiction or mystery, the library is the best place to go.

Kids' magazines are especially good because they usually include things to do as well as things to read. You can get magazines by buying them or borrowing them from your library.

### Artwork

You probably got tired of coloring books a long time ago. But try some artwork, and you will see how much fun it can be. Start by getting together all the art supplies you have—crayons, markers, colored paper, paints, tape, glue, scissors—and putting them all in one place. A good place is a big box that you can keep in your room and then take to your desk or the kitchen table when you get ready to work on a project. Then use the supplies to decorate your box!

Also, collect things to use in art projects. You could use scraps of aluminum foil, wrapping paper, dried leaves or flowers, old buttons and all sorts of things. Use the materials to make collages, mobiles, junk sculptures.

If you need ideas for art projects, go to your library and get a book. Your librarian can help you find a book that shows all kinds of art projects to do with the supplies you have.



## For Comic Fans

Do you like to read the comics? Collect some of your favorites from the daily newspaper and color them. Then tape them in a notebook for a comic collection. Trace cartoon characters like Charlie Brown or Nancy until you can make them yourself. Then make your own comic strip using those characters. Or make up your own comics—you might be a famous cartoonist some day! One kid we know made up the “Wacko Family” and drew cartoons about the funny things that happened at their house.

## Start a Collection

Collections can be lots of fun and give you something interesting to do after school. Here are some of the things that kids collect:

- |                               |               |
|-------------------------------|---------------|
| • stamps                      | • rocks       |
| • coins                       | • shells      |
| • baseball cards              | • buttons     |
| • movie or rock star pictures | • comic books |
|                               | • stickers    |

You can collect almost anything. But collecting means keeping the things you collect in order and finding a good way to display your collection. That is what you spend your time doing when you have a collection.

## Games for One

Just because you are by yourself does not mean you cannot play games. If you like cards, try one of the many solitaire games. A game book from the library can tell you about them. You can also create ways to play board games alone. In some board games, you can have two different colors compete against each other and you can roll and move for both colors.

## Letters

It is fun to send mail and to get mail back. Make a list of people to whom you wish to

write (grandparents, cousins, friends). Plan a system for keeping a record of when you write a person and when they return a letter to you. Ask your teacher about the possibility of writing to a “pen pal” in another state or country. Perhaps the teacher can help you locate the proper source for information.

## Diaries or Journals

Get a notebook and start a diary or journal. Write down what you do each day. Pretend that you are writing it for your own children or grandchildren to read some day. If you really like to write, start a book of short stories that you create yourself.

## Kind Gestures and Super Favors

Do something special for a family member just to show you love them. Pick and arrange some flowers, do a simple household repair job or water the plants. Kindness spreads and returns more than once to the originator.

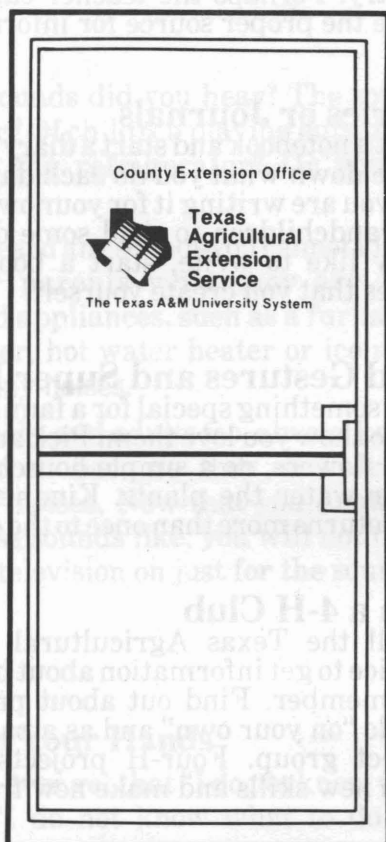
## Join a 4-H Club

Call the Texas Agricultural Extension Service to get information about becoming a 4-H member. Find out about projects you can do “on your own” and as a part of a 4-H project group. Four-H projects help you learn new skills and make new friends.

## Other Ideas for Fun

- Get an animal training book from the library and teach your pet tricks.
- Keep a calendar of all the holidays and birthdays in your family. Then plan and make your own birthday cards and gifts. You can make cards and gifts for holidays too.
- When you are watching television, turn off the sound and make up your own words for the characters to say. Use voices or accents too.

Congratulations on learning self-care skills.
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. . . about agriculture, home economics, 4-H and youth or community development. Drop by or call your county Extension office. You'll find friendly, well-trained agents ready to serve you with up-to-date information, advice and publications. **Your county Extension office . . . the place to go when you need to know!**



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Extension Specialists in Health,  
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The Texas A&M University System

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